



Over the Counter Treatments for Dry Mouth

Dry mouth can be attributed to several factors such as age, medication, and certain cancer treatments. Untreated, dry mouth can lead to bad breath, red, swollen gums (gingivitis), cavities, tooth fracture and other mouth infections.

Some tips to minimize dry mouth are to drink plenty of water, treat dry lips, brush and floss, avoid sugary beverages, avoid using mints/lozenges unless specifically for dry mouth, avoid caffeine and commit to regular dental visits.

Here is a list over the counter options to consider when combatting dry mouth.

Gums (sugar free)

Orbit sugar free
Therabreath
Trident with Xylitol
Spry

Alcohol Free Mouth Rinses

Biotene
Listerine Zero
Oasis Mouthwash

Lozenges

Mini Mints
Spry
Thayers Sugar Free Citrus Dry mouth lozenge
Xylichew mints
Xylitol Mints
Sprey Rain Oral Mist

Sprays, Gels and Rinses

Biotene (Gel, spray and rinse)
Mouth Kote
Oasis Spray
Saliva Substitute